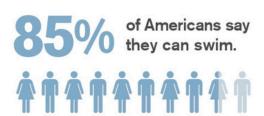
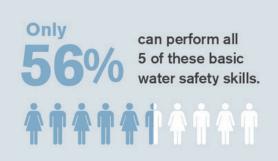
Water Safety Tips for Summer

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.



But...

only slightly more than half of Americans can perform all of the 5 basic skills that could save their life in the water.



- **1.** Step or jump into the water over your head.
- 2. Return to the surface and float or tread water for one minute.
- **3.** Turn around in a full circle and find an exit.
- 4. Swim 25 yards to the exit without stopping.
- **5.** Exit from the water. If in a pool, be able to exit without using the ladder.

Water competency is a way of improving water safety for yourself and those around you through avoiding common dangers, developing fundamental water safety skills to make you safer in and around the water, and knowing how to prevent and respond to drowning emergencies. Water competency has 3 main components: water smarts, swimming skills and helping others.

Swimming Skills Learn how to perform these 5 skills in every type of water environment that you may encounter:	Water Smarts Take these sensible precautions when you're around water (even if you're not planning to swim):	Helping Others These actions will help your family avoid emergencies - and help you respond if an emergency occurs:
□ Enter water that's over your head, then return to the surface. □ Float or tread water for at least 1 minute. □ Turn over and turn around in the water. □ Swim at least 25 yards. □ Exit the water.	 ☐ Know your limitations, including physical fitness, medical conditions. ☐ Never swim alone; swim with lifeguards and/or water watchers present. ☐ Wear a U.S. Coast Guard approved life jacket appropriate for your weight and size and water activity. Always wear a life jacket while boating, regardless of swimming skill. ☐ Swim sober. ☐ Understand the dangers of hyperventilation and hypoxic blackout. ☐ Understand and adjust for the unique risks of the water environment you are in, such as: ○ River currents ○ Ocean rip currents ○ Water temperature ○ Shallow or unclear water ○ Underwater hazards, such as vegetation and animals 	 □ Paying close attention to children or weak swimmers you are supervising in or near water. □ Knowing the signs that someone is drowning. □ Knowing ways to safely assist a drowning person, such as "reach or throw, don't go". □ Know CPR and first aid.

source: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html

Learn More

Links to Useful Water Safety Topics:

- Red Cross Water Safety
- <u>Drowning is Preventable</u>
- National Drowning Prevention Alliance
- Seattle Fire: Water Safety Tips